

# THE MARKET BASKET

What to eat - How to cook it - and Where to get it

A Page Devoted to Food Products



## Housewives to Have One More Chance to Put Up Cherries; Idaho Variety Due This Month

Women Thought They Had Lost Last Opportunity, Says Miss Osborne; Idaho Cherries Best Kind, She Says.

By Leno Osborne.

I have some good news for the housewives who did not get to put up any cherries.

The state of Idaho has had a remarkable cherry yield and the produce houses have been able to get some of them for a July shipment.

Not many weeks ago we thought with the passing of the early May and June cherries our last chance to put up this wonderful fruit was gone. We are continually being fooled these days about our chances to do things.

Feeling is Profession. It really works so well that this fooling is getting to be a profession. The

little candy men of the theaters rush madly up and down the aisles between the second and third acts and tell us that this is positively our last chance to buy their candy. We scramble frantically to buy, because they are going to be so independent and cruel and not let us have any of the goods they have to sell. But we old-timers notice, and until after the last act, and the curtain is down, they are still there willing to part with some for our sakes, of course.

You who are worldly enough to go to the circus and have decided to "see it through" know how the ticket sellers for the concert begin going through the crowd about the middle of the performance, cautioning everyone to buy now because you will not have the chance later.

But your money always looks good, and there, as well as with lots of things, opportunity keeps hanging around and if you lose out, there will likely be another chance.

Last Chance Is Best. With these cherries, from what I have been told, the last chance is by far the best, as these Idaho cherries are far superior to our Oklahoma products.

Now, we hate to admit this, and, personally, I am going to make an inspection of this fruit before I do make more of a claim than just what these

produce men tell me. They really ought to know, because they are so familiar with these cherries that they call them by name.

Royal Ann, May Duke, Dings and Lamberts are the special families to be on the markets.

The Royal Anns are very sweet and require very much less sugar to preserve than any other cherry. This same holds good in the cooking for pies.

These cherries are all the large, almost black variety. They have very small seeds and so much more firm meat than our cherries. They resemble very closely the large black California cherries that are sold at the fruit stands for 50 cents a box; also for a fabulous price on the trains, where the "news hunch" put them up so temptingly that you "just must have some."

\$2.50 a Crate.

These Idaho cherries are coming in seventeen-pound crates and will, in all probability retail for \$2.50 a crate. The fact that they will require so much less sugar to put them up makes them, so I am told, cheaper than our own fruit.

Again I want to impress upon the housekeepers the great saving of time, strength and gas, as well as the perfection of sun preserves.

Using these new cherries and one-third their weight in sugar will make the best preserves possible to have.

Seed the cherries, place them in one layer on a shallow platter, sprinkle the sugar over them, put a glass over the platter and place them out in the sun.

The glass, of course, throws a more direct ray of heat upon them and keeps out dust and insects. Plate glass is the best and will preserve the fruit quicker.

Chemically we know that very

strong, prolonged heat will lessen the sweetness of sugar, so by this method less sugar may be used.

The preserves are so much better tasting and so much clearer and attractive in every way when made by this method.

These cherries will dry much better, that is with less loss than the more juicy ones. For pies, puddings and confections they far out-class the canned berries.

Dried Cherries. Before stemming wash cherries in a salt solution (one-half cup salt to the gallon of water). This will help sterilize them. Stem and place on a cloth out in the direct rays of the sun and in the wind. Cover with a thin cloth to keep out the dust and insects, and allow them to dry until the moisture has evaporated. They will not be hard and dry as will some of the vegetables, and will have a sticky feel on account of the sugar in them.

Put them in layers on oiled paper in boxes where they can get the air, but insects cannot get to them and they will be ready for use at any time. With these very large cherries, this will not be a tedious job at all.

When ready to use, they must be soaked in equal parts of water overnight and then slowly heated in this same water next day, so the cells may re-absorb the moisture they lost. They are then ready for pies, tarts, sauces, ices, or any of the many uses we have for cherries.

### Roasting Ears Inexpensive Now

Roasting ears—notice the word—are quite in the reach of the pocketbook of everyone these days.

I ask you to notice the word because we still hear "roasteners" from the people who are in too big a hurry to say the two words, and in fact I have known people who did not know this new green corn that we eat, got its name from the fact that the Indians used to gather the young corn in the husk, bury it in hot ashes or coals and roast it until it was good to eat. And from that very act we got the name "roasting ears."

Eat on the Cob. Also do you know any one who still considers it unrefined to eat corn on the cob "in the presence of company?"

Just think of the pleasure we were forced to forego all for the sake of those "company manners."

The corn must be cut of the cob; fried chicken must be scratched at with a knife and fork, all because some one said that it was not "nice" to eat them any other way in the presence of company.

Who was this company any way, that we should sit up and notice so much—and didn't every one know that this same company ate their corn from the cob when they were alone and didn't this same company, know that we ate our fried chicken with our fingers when they were not there—yet all of this sham "form" must be considered because some one said that it was the proper thing to do.

It is quite the common thing right now—every day—to hear people saying "I don't care if it isn't the thing to do, I am going to eat this with my fingers, they were made before knives and forks," and all sorts of such unnecessary apologizing, just because we can't get away from those old forms.

We will all admit that some people need a little "side-line" practice in eating everything put before them. Perhaps they might even get some pointers from the pigs as they partake of their daily meals, but the fact that it is necessary to have two sets of manners, one for home and one for company, is to say the least, very poor judgment, as it is too hard to keep them from getting mixed with the occasions.

May Be Spoiled in Cooking. Back to the green corn—roasting ears—as with so many of the young vegetables or grains it may be spoiled in the cooking.

The grains contain a kind of milk, we call it, which will thicken and become very hard and tough with prolonged cooking. It is quite the common thing for inexperienced cooks to cook roasting ears, which were perfect, until they are so hard and tough that it is impossible to eat them.

This corn should be cooked as soon as possible after it is gathered, and should not be husked until very nearly the time to cook it. Cut off the worm-eaten ends, and take out all of the silks. Drop in boiling water (not salt) and with the lid fastened down, cook from ten to fifteen minutes, all depending upon the size of the ears. It will have a sort of clear look, when it is cooked sufficiently, and the white corn will look yellow when it has cooked too long.

A steamer is the very best vessel in which to cook young corn—this eliminates all possible loss of food values.

Hold Heat Longer. Roasting ears hold heat longer, perhaps than any thing else, so for the sake of the people who are to eat them cook them in time so they may cool a little before passing them.

It hasn't been decided just which is the most "genteel" to eat round and round the cob or to glide up and down the rows, moving them down something as a lawn mower works in the yard, but one thing is sure, the people facing you will feel more like eating theirs if you manage to keep the butter and small grains on the cob, and by the liberal use of the napkin, your face from looking as if it were doped with cold cream after a day's outing.

You can't appreciate the grief of a mother who has skipped to get the time to buy milk for her baby, upon finding the precious fluid soured for lack of ice. Send your check to the Milk and Ice fund, care of The Daily Oklahoman.

### You Can Can

A Series of Lessons on Canning, Preserving and Food Thrift From the National Emergency Food Garden Commission, Washington, D. C.

(Housewives should clip and save these lessons for ready reference.)

Three things are essential in the making of jelly, says today's bulletin from the national emergency food garden commission. The fruit must contain the right amount of pectin, the proper proportions of sugar must be used and the fruit juices must be boiled the right length of time after the sugar has been added.

Fruit Contains Pectin. All fruit which is green or nearly ripe contains a substance known as pectin which causes the fruit juice to "jell" when combined with the proper amount of sugar and boiled the right length of time. If the fruit is too ripe, causing the juice to ferment, or if the juice is boiled too long, then the pectin undergoes a change and it will be impossible to obtain a jelly of the right firmness. Therefore, it is essential the fruit be, perhaps, just a little under-ripe and that the boiling of the juices and sugar together be not carried on too long.

A test for pectin is to take a tablespoonful of the hot juice before sugar has been added, add the same amount of 95 percent grain alcohol and if a gelatinous substance forms which may be gathered up on a spoon pectin is present and good jelly should result. If it is found that pectin is not present, cook the fruit juice again with the white peel of oranges or lemons or crabapples or green grapes, until the above test shows pectin.

Use Syrup Gauge. The old rule of "a cup of sugar for each cup of juice" is good in some cases but it is better to use a syrup gauge which may be obtained at almost any drug store. To use the gauge, pour the hot juice into a small tall bottle like an olive bottle and drop the gauge carefully into it. The gauge should read 25 degrees; if under this reading add more sugar; if the gauge reads more than 25 degrees, add unsweetened juice because too much sugar has been used. Be careful that you do not use too much sugar at first be-

cause it is easier to add than to eliminate.

Let empty cans and jars wait for fruit. Don't try to make fruit wait long for containers.

Australian Casualties, 60,793.

MELBOURNE, Australia—The Australian casualties from the beginning of the war up to May 21, 1917, were 60,793, according to a statement issued by the defense department. They were divided as follows: Dead, 24,106; wounded, 31,585; missing, 5,102. It was explained that the men listed as wounded did not include those who had gone back to the trenches.

Trouble had come to the nursery, and when the mother entered it was to find Charlie in tears.

"Why are you crying?" she asked.

"Because Louis slapped me."

"But why didn't you slap him back?" asked mother, who evidently believed in a policy of retaliation.

"Because then it would only be his turn again."

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The World's Best Beverage  
Non-Intoxicating  
Spanish Mischief  
Chop up 4 cold bottles of Cerma, add 1 cup cold water and 1 cup lemon juice. Add 1 teaspoon salt and 3 drops tabasco sauce. Add 1 lemon egg. Drop by spoon into ice water. Drink. Cerma is a healthful beverage. Serve with CERVA.

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|                                 |        |  |      |
|---------------------------------|--------|--|------|
| 11 lbs. Pure Cane Sugar.....    | \$1.00 | Good Beef Steak, per lb.....                           | .15  |
| 5 lbs. Blue Karo.....           | .35    | Good Beef Roast, per lb.....                           | .15  |
| 5 lbs. Red Karo.....            | .40    | Good Beef to boil, per lb.....                         | .12  |
| 10 lbs. Red Karo.....           | .75    | 10-lb. pail Lard Compound.....                         | 1.80 |
| 10 lbs. Blue Karo.....          | .70    | 10-lb. pail Hog Lard.....                              | 2.40 |
| Pkg. Crackers, 6c and.....      | .12    | Brisket Bacon, per lb.....                             | .28  |
| Bulk Crackers, per lb.....      | .15    | Sugar cured Bacon, home-made, by the slab, per lb..... | .35  |
| Peck Potatoes.....              | .65    | Fresh Hamburger, per lb.....                           | .15  |
| Peck Cal. Burbank Potatoes..... | .75    | Sugar-cured whole Hams, per lb.....                    | .25  |
| Watermelons, per lb.....        | .25    |  |      |
| Dry Onions, per lb.....         | .04    |  |      |
| 360 size Lemons, per doz.....   | .25    |  |      |

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## PRICES FOR SATURDAY AND MONDAY

Subject to Market Changes

|  |        |
|--|--------|
| 100 lbs. Best Cane Sugar, \$8.50—12 lbs.....       | \$1.00 |
| Fancy California Potatoes, per peck.....           | 65c    |
| Crisco, large size, \$1.60, medium 80c, small..... | 40c    |
| Red Star Flour, 48 lbs. \$3.20, 24 lbs.....        | \$1.65 |
| Heliotrope Flour, 48 lbs. \$3.25, 24 lbs.....      | \$1.65 |
| Large Package Post Toasties.....                   | 12c    |
| Grape Nuts, per package.....                       | 12c    |
| 5-pound can Monarch Coffee.....                    | \$1.00 |

### Canned Foods

|   |     |
|---|-----|
| Corn, extra quality, per can.....                             | 15c |
| Peas, 2 cans good quality.....                                | 25c |
| Peas, Farm House Brand.....                                   | 15c |
| Beans, New State or Quail.....                                | 17c |
| Green Beans, Empson's, 2 cans.....                            | 25c |
| Tomatoes, No. 2, can Belle Isle.....                          | 14c |
| Tomatoes, large can, 3 for.....                               | 50c |
| Hominy, large can, for.....                                   | 10c |
| Hominy, New State Brand.....                                  | 12c |
| Asparagus, tall can.....                                      | 15c |
| Asparagus, R. B. M. brand, 2 for.....                         | 35c |
| Asparagus, Belle Isle Brand, 2 for.....                       | 35c |
| Large can Sliced Pineapple.....                               | 21c |
| Large can New State Apples.....                               | 25c |
| Red Cherries, pitted, 3 cans.....                             | 50c |
| Preserved Figs, 3 cans.....                                   | 25c |
| Peaches, Pears, Plums or Apricots at prices that will please. |     |

### Miscellaneous

|                                 |     |
|---------------------------------|-----|
| Goldenrod Butter.....           | 38c |
| White Brand Oleomargarine.....  | 28c |
| White Soap, per bar.....        | 5c  |
| Clean Easy Soap.....            | 45c |
| Labor-Saver Soap.....           | 45c |
| Ivory Soap.....                 | 57c |
| G. G. Naptha Soap.....          | 57c |
| P. G. Naptha Soap.....          | 65c |
| 25c can Pompeian Olive Oil..... | 25c |

### Goldenrod Syrup

|             |     |
|-------------|-----|
| No. 5.....  | 38c |
| No. 10..... | 69c |
| No. 10..... | 72c |

|  |     |
|--|-----|
| 3 pkgs. Table Salt.....                  | 10c |
| 2 pkgs. Toothpicks.....                  | 5c  |
| 2 pkgs. Cream of Wheat.....              | 35c |
| 2 pkgs. Shredded Wheat.....              | 25c |
| 2 large pkgs. Kellogg's Corn Flakes..... | 25c |
| 3 small pkgs. Kellogg's Corn Flakes..... | 25c |
| 3 small pkgs. Post Toasties.....         | 25c |
| 3 pkgs. Kellogg's Krumbles.....          | 25c |
| 2 large rolls Crepe Toilet Paper.....    | 15c |
| 3 large Rolls Tissue Toilet Paper.....   | 25c |
| 3 pkgs. Jell-O, any flavor.....          | 25c |
| Ice Cream Jell-O, any flavor.....        | 10c |
| 2 pkgs. Minute Gelatine.....             | 25c |
| 2 pkgs. Knox Gelatine.....               | 35c |
| 2 pkgs. Corn Starch.....                 | 15c |
| 2 pkgs. Dunham's Coconut.....            | 15c |
| 2 10c pkgs. Arm & Hammer Soda.....       | 15c |
| Walter Baker's Cocoa, per can.....       | 23c |
| Walter Baker's Chocolate, per cake.....  | 21c |
| 50c can Instant Postum.....              | 43c |
| 30c can Instant Postum.....              | 25c |
| 25c pkg. Regular Postum.....             | 21c |
| 15c pkg. Regular Postum.....             | 13c |
| Eagle Brand Milk, can.....               | 20c |
| Pet Brand Milk, small can.....           | 6c  |
| Pet Brand Milk, tall can.....            | 12c |
| 25c can Saniflush.....                   | 21c |
| 2 cans Old Dutch Cleanser.....           | 15c |
| 2 cans Greenwich Lye.....                | 15c |
| 2 pkgs. Faultless Starch.....            | 15c |
| Bulk Peanut Butter, lb.....              | 20c |
| \$1.00 can Pompeian Olive Oil.....       | 85c |
| 50c can Pompeian Olive Oil.....          | 44c |
| 25c can Pompeian Olive Oil.....          | 22c |

### Velva Sprup

|                  |     |
|------------------|-----|
| No. 5.....       | 44c |
| No. 10.....      | 83c |
| Red Label.....   | 46c |
| Green Label..... | 85c |

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